

# Simmered Beans

**Makes:** 12 servings

## Ingredients

**2 cups** beans, dried pinto, black, or pink (rinsed)  
**8 cups** water  
**1** onion (chopped)  
**1** bay leaf  
**1/4 teaspoon** salt

## Directions

1. Place beans, water, onion and bay leaf in a large pot.
2. Cover and bring to a boil over high heat.
3. Reduce heat to low. Simmer for 1 to 1 1/2 hours or until beans are tender.
4. Remove bay leaf and stir in salt. Cook 15 minutes longer.
5. Top each serving of simmered beans with 1/2 cup fresh salsa or store beans in refrigerator for up to three days in a covered plastic or glass container.

California Department of Health Services, Healthy Latino Recipes Made with LoveCalifornia Latino 5-A-Day Campaign

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	120	
Total Fat	0 g	0%
Protein	7 g	
Carbohydrates	21 g	7%
Dietary Fiber	5 g	20%
Saturated Fat	0 g	0%
Sodium	60 mg	3%